

# 2015 NHTFCA Clinic

## Officiating the Throwing Events - Best Practices

By Ed Daniels, Assistant Coach, Southern New Hampshire University Women's Track & Field

### Three Guiding Principles: **Safety - Accuracy - Efficiency**

Not intended as a rules interpretation; but knowledge and application of the rules dictates the how successfully the event will be conducted for the athletes; the spectators; and meet management

#### **Pre-Event:**

- When is your event; trials/finals concluded?
- Games Committee or Meet Management decides format.
- “The 5 Minute Rule” has been used in NHIAA Championship Meets.
- Have a copy of the meet schedule.
- Check out your throwing area; safe locations for athletes; spectators; etc.
- Who and how many officials/volunteer helpers do you have? Evaluate their capabilities.
- When athletes check-in ask them if they are competing in any other events.
- Be aware of any conflicts the athletes might have; and make a plan **with the athlete** to avoid them according to the Rules. Avoid needing to use “The 5 Minute Rule”.
- Call the athletes by their last names.


#### **Warm-Ups:**

- Unless meet management has proscribed a set warm-up time/throw limit; set one that is fair. The warm-up time limit should account for a short throw or long throw event.
- Guidelines: up to 10 athletes; 10 minutes - up to 15 athletes; 15 minutes; more than 15 athletes; 20 minutes

- Speak with your other assistants or helpers. Have **everyone watch the warm-up throws** for safety reasons; but also for conducting the event efficiently.
- Long Throws: Everyone in the flight throws; Everyone in the flight retrieves
- Preventive Officiating - especially with beginners


### Competition:

Officials Location: Shot Put



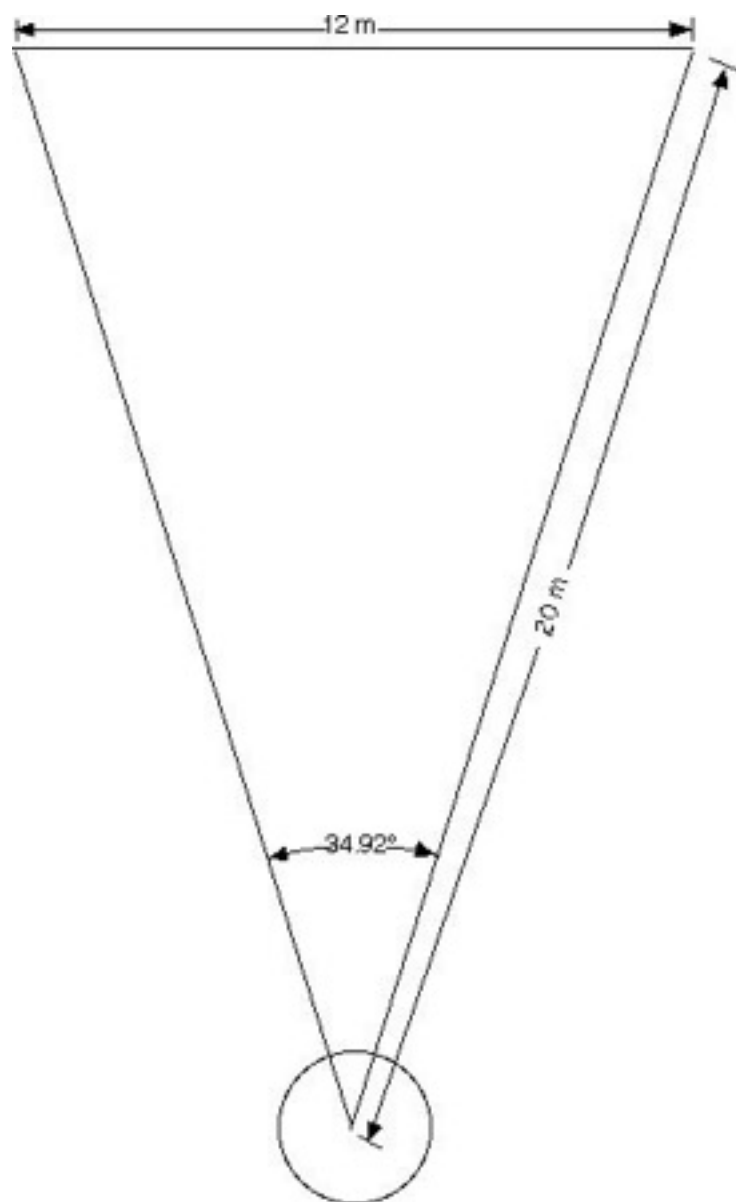
Marker's eyes are always focused on the circle. They should be on or just inside the sector line; and close to parallel to the landing area of every attempt. On non-marking surfaces they should move to the landing area while the shot put is in flight so as to be within 4-6 feet parallel to the landing spot.

Marker **never allows the tape to wind around the measuring stick.**

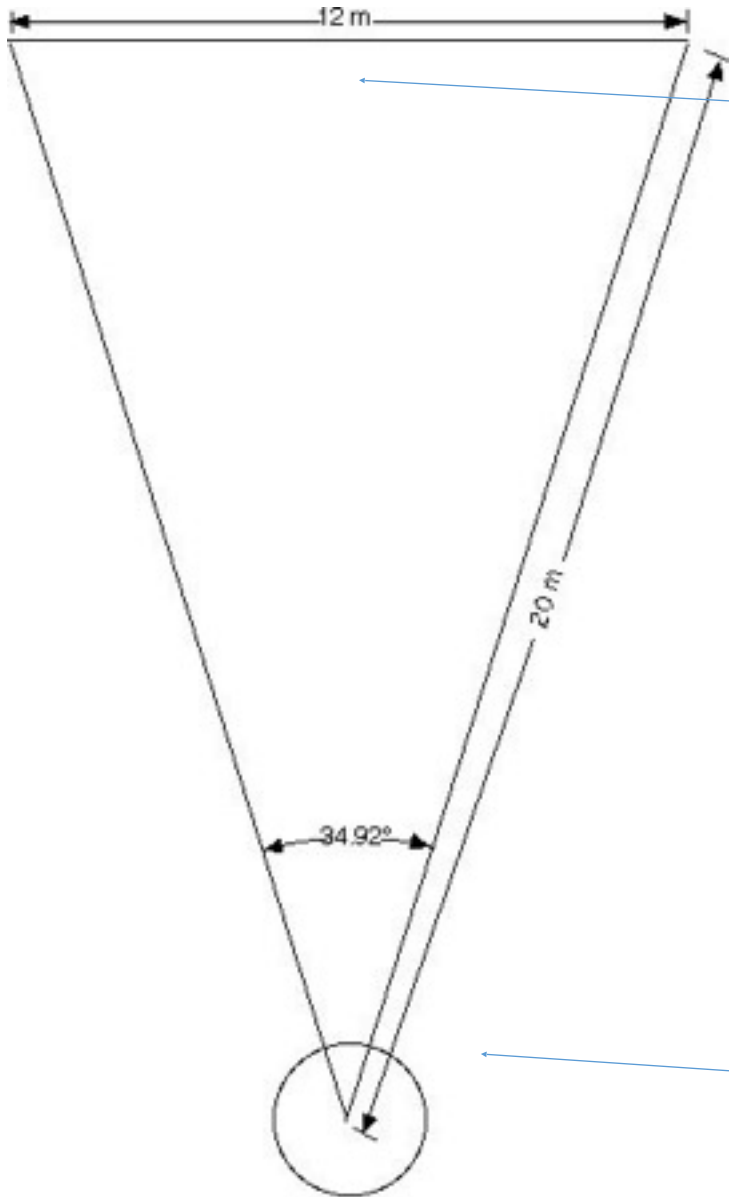


Official at the circle should be parallel to the stopboard. Focus is usually on the thrower's feet, the stopboard, and the ring.

With beginners, young shotputters; there is also focus on the putting motion being made from the



Officials Location: Discus

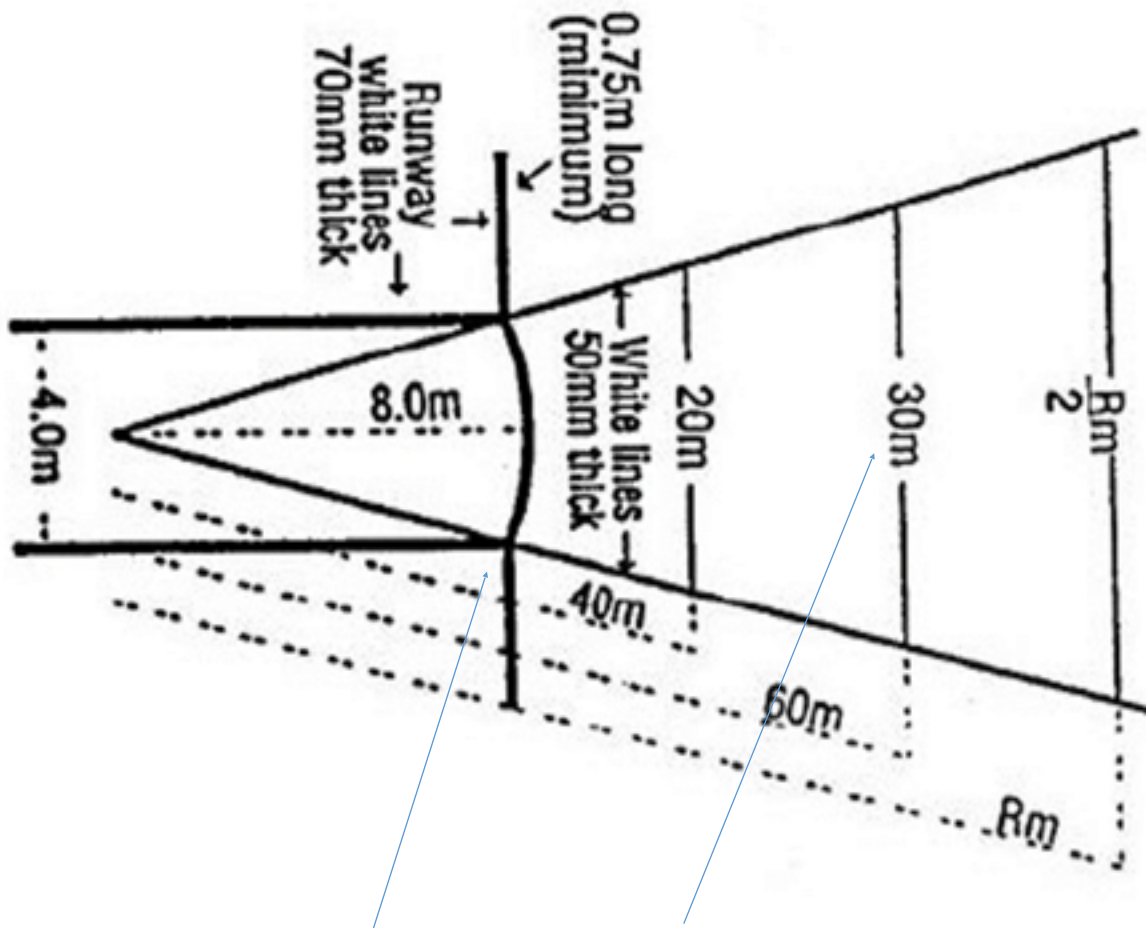


Marker's eyes are always focused on the circle. They should be on or just inside the sector line for throws of 100' and under. For longer throws into the wider sector, the marker should begin moving further into the sector up to the middle of the sector if necessary. They should move close to parallel of the discus landing area on every attempt.

**Marker never allows the tape to wind around the measuring stick.**

Official at the circle should be parallel to the front of the throwing ring. Focus is on the thrower's feet and the ring. Focus on thrower exiting through the back half of the circle after the discus has landed.

Officials Location: Javelin



Official should be parallel to the runway stop line.

Focus on the athlete exiting the side of the

Marker's eyes are always focused on the runway. They should be on or just inside the sector line for throws of 100' and under. For longer throws into the wider sector, the marker should begin moving further into the sector up to the middle of the sector if necessary. They should move close to parallel of the javelin landing spot on every attempt.

Marker never allows the tape to wind around the measuring stick.

### The Tape “Puller”: One of the Most Important Officials or Volunteers to an Efficiently Run Event

- Watches warm-ups along with other officials and notes the short vs. the long throwers
- Adjusts the “slack” needed to pull through the circle or runway for each thrower
- In circle events; begins to walk around to the circle once the implement is in air out into the sector
- Pulls a tight straight measuring tape line from the mark through the middle of the circle or through the pulling point on the javelin runway

### Communicating with Your Athletes & Your Audience:

- Portable Voice Amplifiers - Waistband Models
- Many can be found online at Amazon and other retailers ranging in price from \$30.00 to \$100.00
- Should have rechargeable lithium batteries and capable of long 10 hours+ continuous use with a wide coverage range

My “Golden Rule” of officiating:

**Never call what you think you saw;  
Always call what you know you saw.**

